Learning Is A Part Of Living

By Christopher Liam Rose

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Chapter 1: Journaling

I want to start this book by explaining why it is essential to do journaling every day of your life. Journaling is necessary because it helps you to understand yourself and what you want to become in life. People wonder why journaling is important to personal development and why it helps your health and well-being.

What you need to understand **NOW** about journaling is that it will change your life for the better because it helps you **PROCESS** your thoughts, feelings, emotions, and life experiences. But, unfortunately, as I am writing this book on 'Learning Is a Part of Living,' people don't understand the WORDS of how important the title is, and of course, they DON'T DO ANY JOURNALING.

Journaling is not something you do when you get a chance out of your busy life. NO! Journaling is an EVERYDAY PROCESS which is a must-do for people who want to achieve certain things in their lives. But, unfortunately, most people at the moment are just failing, struggling, and of course, not making a difference or contributions to others.

Journaling is an everyday process that you develop in life. Not because it would not benefit you or it is not important to do, but

because you will LEARN things about yourself that no PERSONAL DEVELOPMENT BOOKS CAN TEACH YOU. That may sound so judgemental and rude for most people, but journaling will help you learn.

Spending time journaling is a secret because most people will never do it in their life. It is a secret because they don't know HOW to journal or have never spent time journaling important life-changing things.

What makes journaling so important is that you discover hidden things about yourself that you can learn from and use to do one thing in your life, to HELP OTHERS from what they have experienced.

Some people will say: "I CAN NOT HELP OTHERS," "IT IS DIFFICULT TO SUPPORT PEOPLE," "WHY SHOULD I HELP OTHERS?" But, the reality of that simple thing is that journaling will help you help other people, give back, and make a difference and contribute to people's lives. HOW – because you get to KNOW YOURSELF.

I want to explain some parts of my story in this chapter to help the readers realise how important journaling is for your Life Development. I did not always journal in my life at all, and because I didn't, I struggled with many life problems that didn't help me cope with my life experiences.

So I just struggled and struggled for many years. I went through various life experiences that destroyed me and made me feel vulnerable, depressed, unhappy, and hopeless. But what changed in my Life Story, and how did I begin to do journaling?

When I met **Paul Dorrington (Lead Employment Specialist) & Karen Meechan (Clinical Psychologist),** they taught me how to cope with my life experiences and process my feelings and emotions through journaling. That changed my life, and I also started helping other people shortly after working with Paul and Karen. So, you see, journaling does become necessary for your Life Development.

Here are some of Christopher Rose's Journals he has written for some years

I will teach you the way to journal and how you can help yourself through journaling.

The Journaling Process

Journaling is an everyday process of Self Discovery and Self Therapy. The more you spend time journaling through your life, the more you will begin to know yourself and understand some of the life experiences you have faced. Journaling is all about PROCESSING your thoughts, feelings, and emotions on paper and finding out how to overcome your life problems and difficulties. There is no right or wrong way in journaling; you start by writing down how you feel about yourself.

What are the things that make you feel upset, low, sad, depressed? What are some life experiences you find hard to deal with? How have you been feeling through your day?

To start the journal process, you have to get into your thoughts, feelings, and emotions. And through journaling, you will find ways to overcome. Some people who can't journal their life experiences can seek help from professionals to support them with what they experience. That is completely fine if it will help them with their life development.

JOURNALING IS SELF THERAPY & SELF DISCOVERY

When you have processed your thoughts, feelings, and emotions through journaling and begin to understand yourself as a person and your life experiences, you can start journaling about the things you want in life and who you want to become.

What are your dreams and desires? Who do you want to help? What difference do you want to make? How can you become successful, prosperous, and wealthy?

Sometimes, you will discover the hidden answer to your life development through journaling, which will make you fulfilled and joyful. However, to discover all that, you must first deal with your life experiences and problems, which are hard to overcome.

Journaling is an everyday process, and each day will be different from another day, but that is why you should keep journaling and helping yourself. It will take some time to learn, and you may have to journal about pain, hurts, struggles, and hardships, and then you can start helping other people and making a real difference.

You learn from your journal writing and always have a journal to help you process your thoughts, feelings, and emotions. And of course, every day, you will write different new things in your journal, which is completely okay because it is the process of journaling.

I hope this chapter has helped you with your Life Development and Learning because, just like the book title says, Learning is a part of living. Sometimes, you learn from the things you experience, which help you in your self-discovery. Sometimes, things can't be explained, and there is no magic answer to resolve specific life experiences, but you can begin to heal yourself through journaling.

- Journaling Is An Everyday Process –

Now let's move to the next chapter, which is "Learning."

Chapter 2: Learning

Learning is an essential part of life because you cannot help yourself or help others without learning. If you want to look after yourself and take care of yourself properly, then you must learn. But, unfortunately, many people today are too busy working hard, pursuing money and worldly things, and not taking care of their health and well-being. And it is tough to see and watch, but that's how the world is, and people barely spend time Learning.

There are many ways to learn and develop yourself, which is very important for your health and well-being and to help other people.

I am going to share the ways of Learning now so you can choose which path best suits your life and Personal Development:

- Books
- Audiobooks
- Videos
- Events
- Messages
- Sermons
- Helping Other People
- Learning From Others
- Learning From Yourself
- Journaling
- Faith
- Podcasts

- Nature
- Humanity, Animals, Universe
- Selflessly Helping Other People

As you can see in the list, there are many different ways of learning, but you have to choose the way that suits you for your personal development. You have to learn to achieve what you want in life. You can't achieve what you want without learning and developing yourself.

Learning is something you do every day in your life because when you learn, you gain more knowledge and wisdom to help yourself and others.

- Learn Everyday –

That is very important, and you must do this to take care of yourself and help other people. So spend time learning, studying, and developing yourself, and you will be able to help and make a real difference in many people's lives.

Now let's go to the next chapter, "Helping Other People."

Chapter 3: Helping Other People

Helping Other People is not a job; it is a vocation and career path

Helping other people is about the Impact, Difference, and Contribution you make to people's lives and serving people. You don't help other people to pursue money, houses, cars, or any worldly things.

YOU HELP OTHER PEOPLE TO SERVE PEOPLE – MAKE A DIFFERENCE & CONTRIBUTION!

People need to understand that the only way you become who you want to be in your life is when you help other people, give back, and make a difference.

Helping Other People is a Selfless Service – It is about contributing to others.

The main message of this book is for you to – Help & Give Back to Other People!

YOU HAVE GOT TO HELP OTHER PEOPLE TO ACHIEVE WHAT YOU WANT IN YOUR LIFE!

How do you achieve success, prosperity, riches in your life?

Help hundreds, thousands, or even millions of people everywhere!

You don't help hundreds, thousands, or millions of people for money or any personal thing. You help people because they need help and support, and you are willing to put in the effort to help people.

HELPING OTHER PEOPLE IS NOT ABOUT MONEY – IT IS ABOUT MAKING A DIFFERENCE & CONTRIBUTION!

HELPING OTHER PEOPLE IS NOT ABOUT YOU!

HELPING OTHER PEOPLE IS ABOUT MAKING AN IMPACT, DIFFERENCE, & CONTRIBUTION!

Helping other people is always about the difference, contribution, and impact you make in people's lives and serving people.

HELP OTHER PEOPLE!

You can become selfless once you help many people in your life and make a real difference in others. Not for you, but for them!

Now to the next chapter, "Learning Is a Part of Living."

Chapter 4: Learning Is A Part Of Living

Learning is a part of living because you learn as you live your life. Sometimes, you go through certain life experiences and challenges that can make or destroy you. But one thing you have to do when life experiences come into your life (positive or negative) is to learn from them.

Writing in your journal every day, Learning things through your daily life, Helping Other People, and Giving Back will help you become who you want to be in life.

Most people are so busy that they never learn things that can help and benefit them.

LEARNING IS A PART OF LIVING – LEARN EVERYDAY

There is a unique way of learning many things in life which people don't share in their books, videos, messages, podcasts, and audiobooks - which is to be **Observance**.

You learn many important life lessons from observing and paying attention to what is happening around you. Sometimes, the most critical life teachings come from observation.

But you have got to be humble and put in the effort to see what is going on.

Don’t let people chasing money, houses, cars, relationships, friendships, food, and drinks confuse you.

You have got to look outside of everything in the world to see the true meaning, value, and beauty of life.

Beauty is something of everyday living. You become more nature-focused and fulfilled when you just **BE.**

People think life is about chasing houses, cars, money, relationship, and friendships that they fail to see that there is beauty in living.

Learning Is a Part of Living

When you observe very carefully to see what is going on around the world, you will realise that you don’t want to be a part of this world and how people behave. So all of the money, houses, cars, relationship and friendships aren’t important to become a SPIRITUAL PERSON.

“Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride in possessions—is not from the

Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever." - 1 John 2:15-17

The most important thing to learn from this book is Spirituality and Fulfilment.

Spirituality is connecting with God, Nature, and Humanity.

Fulfilment is True Pure Joy in a spiritual state.

When you have Spirituality and Fulfilment, you will not desire any worldly thing in your life, and you will become someone of meaning and value.

Many people don't understand this because they are a part of the world and all of these things within it. THEY ARE NOT SPIRITUAL OR FULFILLED.

THE WAY TO TRUE SPIRITUALITY & FULFILLMENT IS TO HELP OTHER PEOPLE & MAKE A DIFFERENCE IN PEOPLE LIFE!

BUT YOU DON'T STOP THERE; YOU HELP EVERYTHING IN YOUR LIFE - HUMANITY, ANIMALS, AND THE UNIVERSE!

Spirituality & Fulfilment are linked together as one.

When you have Spirituality & Fulfilment, you will find God & also see the Real Truth in Life.

Observation is the way to discover Truth

Learning Everyday

Learning Is a Part of Living

You learn more about life as you live your life.

I hope this book has inspired you to help yourself, help other people, and learn new things.

I want to say thank you to the people who have inspired me to write this book:

Paul Dorrington (Lead Employment Specialist)

And Karen Meechan (Clinical Psychologist)

Samaritans Volunteers

Christopher Liam Rose List of Books

- Christopher Rose Life Story
- Be What You Want To Be
- The 15 Successful Habits
- Selfless
- Anointing
- Life Purpose
- Helping Other People
- Giving Without Receiving
- Fulfilment
- Learn
- It Is Not The Problems That Make You Who You Are, It Is The Person You Become That Make You Who You Are
- The Evangelism Ministry

Christopher Liam Rose on social media

Facebook:
https://www.facebook.com/christopher.rose.90834

Twitter:
https://twitter.com/ChrisRose091188

Instagram:
https://www.instagram.com/christopherliamrose/

Christopher Liam Rose Websites

Christopher Liam Rose Music -
https://christopherliamrosemusic.com/

Christopher Liam Rose Journal -
http://christopherliamrosejournal.com/

Learning Is a Part of Living

Learning Everyday

Observation – Learning

Helping Other People

Helping Other People – Impact, Difference, Contribution